



## B.V. Patel Institute of Management, Uka Tarsadia University



Date: 17-08-2023

### Session on “Heartfulness Wellness Programme”

**Objectives of Session:** To introduce management students to the concept of Heartfulness and provide them with practical tools to enhance their mental and emotional well-being.

**Outcomes of Session:** Students gain knowledge about how to cultivate habits of meditation.

<b>Date:</b>	17th August 2023
<b>Time:</b>	8:30 PM to 9:30 PM
<b>Venue:</b>	Gopal Bhavan Hall
<b>No.of Students:</b>	120 (FIRST YEAR BBA)
<b>Name of Speaker:</b>	Shri Hiteshbhai Parekh
<b>Coordinator:</b>	Ms. Vaishali Pillai, Dr. Taral Patel and Ms. Pragya Tripathi



**Introduction:** The Heartfulness Wellness Programme is a comprehensive program that teaches students the science and practice of Heartfulness meditation. Heartfulness is a simple and

effective way to reduce stress, improve focus and concentration, and boost creativity and innovation. The session was led by Hiteshbhai Parekh, a certified Heartfulness trainer.

**Session Highlights:**

The program was designed to be flexible and has been adapted to fit the needs of individual students. It typically includes the following components:

Introduction to Heartfulness meditation: Students learn the basic principles and techniques of Heartfulness meditation, including cleaning (a gentle cleansing technique), gazing (a subtle form of concentration), and silent repetition of a mantra (a sacred sound).

Guided meditations: Students participate in guided meditations that help them to relax, focus, and connect with their inner peace.

Personal coaching: Students receive personalized coaching from a Heartfulness trainer to help them integrate the practice of Heartfulness into their daily lives.

Group discussions: Students participate in group discussions to share their experiences with Heartfulness and to learn from each other.

The Heartfulness Wellness Programme has been shown to be effective in reducing stress, improving sleep, and boosting self-confidence in management students. It can also help students to develop greater focus, concentration, and creativity.